

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 22, 5

May 2016



Mother's Day Luncheon



Celebrate all the Mothers in your life on Tuesday, May 10th at noon when we present a Mother's Day lunch. The menu will be chicken Kiev, red roasted potatoes, peas & pearl onions and strawberry shortcake. Immediately following lunch, there will be entertainment provided by Spunk N Sass. A donation of \$2 will be collected at time of registration. Menu subject to change. Hurry, sign up at front desk as space is limited.

The power of hypnosis and how it can improve your life

Basil A. Roman and Donna Lee Honeywell of Align Hypnosis, Inc. will be giving a presentation **Monday, May 9 at 10am** at the Wilbraham Senior Center, 45B Post Office Park, Wilbraham, MA. Both Donna Lee & Basil are certified consulting Hypnotists, with years of experience helping people make positive quality of life changes through hypnosis. Hypnosis can be used to help manage chronic pain, lose weight, quit smoking, reduce anxiety and overcome various phobias. During this presentation you will get an overview of what Hypnosis is and dispel the myths and false information often associated with hypnosis. Come hear this presentation with an open mind and be prepared to be amazed at the many ways hypnosis can change your life forever in a positive way! There will be a question and answer session intended to help you understand better how hypnosis has helped so many people in many ways. Sign up at front desk 596-8379.

Lets talk about RX

The Senior Center along with Home Instead will be presenting "*Lets talk about RX*" a series of two programs. This program will provide families with resources to help identify potential pitfalls facing seniors regarding their medication. This public education program will help family caregivers begin the conversation about why this topic is such an important issue and drive them and their senior loved ones to a number of resources. Among these resources is a free solutions guide to help family caregivers understand the potential risks associated with this rising problem and provide tools that can help an older adult manage these issues in the home. The campaign will articulate why an important part of the solution is having someone serve as a second set of eyes and ears, and to provide medication reminders in the home. The goal of *Let's talk about RX* is to strengthen the role families can take to help reduce the potential for medication-related health risks, and to help them feel confident about their seniors being safe at home. This informative talk is scheduled for **May 18th at 6:00 p.m.** at the Wilbraham Senior Center. Please call to reserve a seat at 596 8379. Light refreshments will be served. Sign up at Front Desk 596-8379.



Senior Health Information Forum

State Representative Angelo J. Puppola, Jr. is hosting a "**Senior Health Information Forum**" with Walgreens on **Monday, May 16th at 10 a.m.** at the Wilbraham Senior Center. Health professionals will present the latest information on immunizations for seniors, opiate usage and the impact on seniors, and seasonal allergies. There will also be time for questions. Rep. Puppola is pleased to sponsor this event to help our seniors and also will provide a selection of pastries for attendees to enjoy with their coffee. Sign up at Front Desk 596-8379.

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Foot Care Nurses, **May 12th**, Cost is \$29.

Foot Doctor Cindy Galavotti, **May 5th**, and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **May 11th**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up. 596-8379

FITNESS PROGRAMS

Yoga every **Wednesday at 12:15 and Fridays at 11:40** taught by Michelle Caron, owner of Harmony Way. Fun class format is for everyone. \$5

Line Dancing on **Wednesdays at 1:30 pm**. Beginner Line Dance class on Fridays at 1:30 pm.

Tai Chi, **Wednesdays at 9 am**. FREE!

Zumba Gold, **Wednesdays at 11 am & Fridays at 10:30 am**. \$5.

Chair Exercise, **Tues. & Thurs. at 10 am**. FREE!

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 am**. FREE!!!!

Gentle Exercise, **Wednesdays, 10:15 am**. FREE

Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **May 6th, 13th, 20th** for appointments. Cost is \$10.

CHAIR MASSAGE AT SENIOR CENTER—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10-minute massage. Call 596-8379 to register for **May 6th**. Very relaxing!!

Call 596-8379 for appointments!

Usui Reiki

Starting in May, on the 2nd Monday of each month from 12:30 pm-3:00 pm, Michelle (Croze) Caron, RMT, CYT, alternative healing expert and owner of Harmony Way, a body-mind-spirit business in Wilbraham, will be offering this traditional Japanese form of holistic healing that addresses the physical, mental, emotional, and spiritual levels, bringing relaxation, a sense of balance and peace, and gentle healing and pain relief for clients. Seniors can arrange either 15-minute sessions for \$10 or half-hour sessions for \$20. Appointments can be made in advance by contacting Michelle directly via phone: [\(413\) 636-2475](tel:4136362475) or email: harmonywayhealing@gmail.com. For more information about Usui Reiki, please visit the Harmony Way website: www.harmonywayhealing.com



Reiki Meet & Greet!

On **Monday, May 9th from 12:30 pm-1:30 pm**, come to the Senior Center to meet Michelle (Croze) Caron, RMT, CYT, owner of Harmony Way in Wilbraham and our new Usui Reiki Master Practitioner! During this time, you can feel free to ask any questions you have about Reiki or alternative forms of healing in general, meet Michelle, and get her contact information. Then, from 1:30 pm-3:00 pm, you can also receive a FREE 5-10 minute sample Reiki session with Michelle, so you can try this form of healing before you decide to make an appointment for the future. Register in advance (as space is limited) by calling the Senior Center, 596-8379.

ARE YOU AT RISK FOR FALLS?

Being safe in your home is important to your overall health and well being. Join Mercy Continuing Care Network as they explain the reasons why you may be more likely to fall, some hazards in your home that could lead to a fall, and a game plan to make you and your home as safe as possible. **Monday, May 23rd 10AM.** Sign up at Front Desk. 596-8379



BINGO

Join us on Mondays for lunch and bingo. Lunch starts at 11:45am with Bingo to follow until 2:00 pm. Delicious lunch for only \$2 donation. Bingo will be 25 cents a game and fabulous prizes can be won. Call 596-8379 a week before to reserve lunch.

NEW BROWN BAG PROGRAM IN WILBRAHAM

Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active. The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag monthly groceries. For more information and application contact Barbara Harrington at 596-8379.



Senior Center CLOSED
Monday, May 30th
Memorial Day



SNAP PROGRAM (Food Stamps)

Looking for help with your grocery bill? Let the SNAP Outreach Team from the Springfield Dept. of Elder Affairs show you how easy it is to qualify. You can own a house, have a bank saving account, social security, a private pension, and still qualify for SNAP benefits. If you or someone you know (aged 60 or older) living in Hampden County could benefit from SNAP, please contact Laura Hurley, SNAP Outreach Worker at (413) 923-4043 or westernmasnap@gmail.com.

MAY EVENTS

SHINE Representative will be back on **May 13.** Call for appointment.

QUILTING CLUB, May 12 & 26 at 1:00 pm.

BOOK CLUB "The Astronaut Wives Club" by Lily Koppel **May 19** at 1:30 pm.

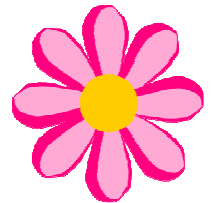
ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **May 18.** Call for appointment at 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, **May 18**, 10 am., cost is \$3/class.

MEN'S BREAKFAST in Ludlow on **Friday, May 27** at 8:30 am. Please call to register, 596-8379.

AFTERNOONS: **BINGO** Mondays, 12:30 pm; **BRIDGE** Fridays, 1:00 pm; **KNITTING ETC.** Tuesdays, 1:00 pm; **RUG MAKING**, Mondays at 1:00 pm.

OUTRAGEOUS ADVENTURES on Friday, **May 13** at 9 am. Call Mary Ellen for information.



May 2016

Mon	Tue	Wed	Thu	Fri
2 11:45—Lunch/Bingo 1-Rug Making <i>Pier 17 Fish, rice pilaf, cole slaw pears</i> Big Y	3 10—Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	4 NY CITY BUS TRIP 9-Tai Chi 9-Reiki 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Walmart	5 9:30-Podiatrist 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes Stop & Shop	6 9-Reflexology 9-Massage Therapy 10:30 Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
9 10—Hypnosis 11:45- Lunch/Bingo 12:30 -Reiki 1-Rug Making 1-Friends Meeting <i>Roast Pork</i> Stop & Shop	10 Mothers Day Lunch 10—Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Meeting Around Town	11 9-Tai Chi 9-Baystate Hearing 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Holyoke Mall	12 8- Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting Big Y	13 9—SHINE 9-Outrageous Adv. 9-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
16 10-Health Info Forum 10-Fallon Health 11:45-Lunch/Bingo 1-Rug Making <i>Baked chicken</i> Big Y	17 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	18 9-Tai Chi 10 Jewelry 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1-Attorney Peterson 1:30-Line Dance 6-RX Talk Walmart	19 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Book Club Stop & Shop	20 9-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30 Line Dance
23 10- Fall Prevention 11:45-Lunch / Bingo 1-Rug Making <i>Meatloaf, mashed Potatoes, mixed vegetables</i> Stop & Shop	24 10—Chair Exercise 11-Blood Pressure 1-Knitting Etc 1-Friends Board Mtg. Around Town	25 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Eastfield Mall	26 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting Big Y	27 8:30 Men's Breakfast Ludlow 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
29 CLOSED 	31 10—Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town			

Thanks to those who have donated to the Friends of Wilbraham Seniors Building Fund and Senior Center:

Friends Donations

Alberici, Micki
Armida, Gina
Ats, Marilyn
Boober, Marjorie
Briggs, Shirley
Calabrese, Darlene
Colcord, Edna
Crogan, Yvette
Flannery, Donald
Fontaine, Patricia
Foy, Lois
Gallarini, Maria
Garvey, Bridget
Gates, Karen
Geoffino, Olga
Gurwitz, Florence
Hetzl, Elizabeth

Jordon, Walter
Knittle, Janice
LaPlante, Janice
Lefebvre, Monique
Manzi, William/Margaret
Meschke, Veronica
Paluck, Richard
Post, Jenine
Sideleau, George/Marian
Spencer, Judith
Stusick, Ted/Stasia
Supernaw, Delores
Szanderowski, Bernadette
Trimble, Marjorie
Turowsky, Rita
Villamaino, Matt/Jane
Walsh, Phyllis
Warner, Barbara

Building Fund Donations

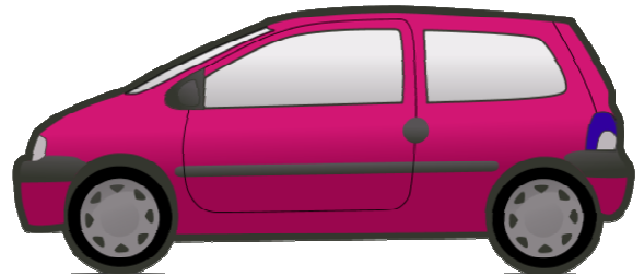
Assad, Joseph/Mary
Braskie, James/Carolyn
D'amato, Pearl
Goodrich, David
Lefebvre, Monique
Manzi, William/Margaret
Munn, Theresa
Villamaino, Matt/Jane
Warner, Barbara
Wilbraham Women's Club
WSC. Kathy Hunter Line Dancers
Jordon, Walter (memory of Dorothy)

Senior Center Donations

Garvey, Bill
Morrison, Judith (Memory of Larry)

URGENT NEED FOR MEDICAL DRIVERS

The Senior Center is in dire need of volunteers to drive Wilbraham Seniors to medical appointments. If you have a car and a few extra hours a month to spare, please think about becoming a volunteer medical driver. For more information please contact Mary Ellen 596-8379. All drivers are CORI checked.



FROM THE FRIENDS OF WILBRAHAM SENIORS

A big thank-you goes out to all you wonderful people who are helping us to cover our postage expenses for the mailing of the monthly Senior News. We can still use your continuing support. It's important that you know that we currently mail the Senior News to approximately 2,350 households in Wilbraham and that number is increasing every month. We would appreciate it if you would help us out again with \$1, or \$5 or \$10 or \$20 or more what ever you can spare. We are very proud of the Senior News and the broad and interesting information that it brings to the senior community. Remember that seniors represent over 39% of the adult population in our little town, and that Boomers are another 18% of the adult population. It's plain to see that our seniors are aging in place and we are retiring in place. and growing fast.

Future Schedule of Friends of Wilbraham Senior Events

May 14, 2016Huge Tag Sale

June 21, 2016 A Casino Bus trip to Mohegan Sun

July 14, 2016Life Care Friends Senior Center Benefit

TAG SALE



May 14th, 9:00 am to 3:00 pm
Wilbraham Senior Center
45B Post Office Park

Something For Everyone. Bring the Kiddies
Rain or Shine
All indoors

Hot Dogs, Hamburgers,
Soda, Chips & More Available

Rental space: call Ann Marie Gaudette
(599-4803)

*Sponsored by the Friends of Wilbraham Seniors
to benefit the Building Fund*

RED HAT YAYA SISTERHOOD OF WILBRAHAM

I would like to thank all my Red Hat sisters who came to and helped at the Friends of Wilbraham Fashion Show. May 20th, we are going to Willington Pizza where we will order from the menu with separate checks. Then we will go to Cassidy Hill Winery. Deb Gormley (547-6583), Cindy Ellis, and Roni Meschke are chairladies. If you would like to go and have not signed up call Deb. The van will be available for \$4. and the first ones to pay, will ride in the van, we will car pool also. We will be leaving the senior center at 9:45. Deadline to call for reservations for this event is May 13th. June we are going to Tower Hill in Boylston and we are doing lunch at Steaming Tender. Elaine Lavoie (596-6001) is the chair lady for this event. We will order off the menu with separate checks. The van will be available and car pooling as well. There is a \$4. charge for the van and the first ones to pay will be on the van. We will be leaving the senior center at 8:30. Deadline for reservations for this event is June 10th. Please don't forget I am looking for someone to fill the shoes of queen of Vice. Please consider being an officer and help plan these great events.

Kathy Phipps, Your Queen Mum

Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: pdubord@wilbraham-ma.gov. Each month you will be one of the first to receive the newsletter and help us save money.



TELEPHONE WELLNESS CHECKS

The Senior Center is starting a program through our Social Service Department -“Telephone Wellness Checks”. The phone wellness check program will contact Wilbraham seniors who are homebound by calling them two days a week to help to reassure their well being and give them a feeling of security. If you are homebound, or know of someone who would benefit from this program, please contact Barbara Harrington at 596-8379.



Electric Discount from National Grid

If you are a residential customer and meet the requirements listed below then you may be eligible for a discount on your monthly electric bill. This will save you money and will not affect the service you currently receive. To apply, please contact Barbara Harrington. She will help you complete the application. Eligibility Criteria: Your electric bill is in your name; you are currently qualified to receive fuel assistance benefits or are participating in one of the following programs: EAEDC, Food Stamps, WIC, Head Start, Mass Health, National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Program, TAFDC, Veterans Programs - 115 benefits, DIC surviving parent, WIC.

Community Calendar

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Call Frankie B's at 596-2423 for info.

On Sunday, May 15 starting promptly at 2:15 p.m. at the Stone Chapel of Wilbraham Monson Academy on Main Street, there will be a talk relating to Wilbraham Native American tribes including the attack on Springfield during King Phillips war. This event is being sponsored by The Old Meeting House Museum. The presentation will be given by Patrick Duquette, a lifelong scholar of this subject. The event is free and open to the public.



VETERANS OFFICE NEWS

Memorial Day Ceremony will be Sunday May 29, 10:30am Crane Park. The guest speaker will be a Retired Officer from Wilbraham John Chester. Also present will be State Rep. Angelo Puppolo, Senator Eric Lesser, Selectmen, Civil War Volunteer Infantry, Minnechaug HS Band and Choir. There will be light refreshments provided by the Village Store following the ceremony. All are welcome to attend.

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please call Veterans Agent Laurie Kozak at 596-8379.

May – Arthritis Awareness

In the United States, an estimated 52.5 million adults have doctor-diagnosed arthritis, and 22.7 million report limitations due to their arthritis. Arthritis commonly occurs with other chronic diseases, like diabetes, heart disease, and obesity. It can also be a barrier to managing other conditions. What Can People Do to Manage Arthritis? People can manage and reduce the symptoms of arthritis in many ways, but many don't know how. For example, people with arthritis can participate in Self-management education interventions. These programs include the Chronic Disease Self-Management Program (CDSMP) or the online Better Choices, Better Health for Arthritis program. These programs can provide the skills and confidence to live well with arthritis on a daily basis. Be physically active. Research shows that physical activity—such as walking, bicycling, swimming and chair exercise programs—decreases pain, improves function, and delay disability. People with arthritis should try to get at least 150 minutes of moderate activity each week. This activity can be done for 30 minutes, 5 days a week, or in as little as 10 minutes at a time. People can reduce their risk of joint and knee osteoarthritis by controlling their weight and avoiding injuries. Talk with your doctor. Take control of your Arthritis.

Nurses corner...free walk in blood pressure screenings, Tuesdays 11-12pm.

Call Lee Giglietti RN 596-8379 with health related concerns, Tuesday & Wednesday 9-2pm.



ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

VETERANS AGENT:

Laurie Kozak

WEEKLY VOLUNTEERS

Office: Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Dee Mitchell, Jacquie Peck

Van: Peter Siuda, Gary Babineau

Jim Hendricksen

IF YOU WISH TO UNSUBSCRIBE

FROM THIS NEWSLETTER

PLEASE CALL THE SENIOR

CENTER AT 596-8379

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors".
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705

Wilbraham, MA 01095

Meals served Mon at 11:45 a.m. in the lunch room. Reservations must be made the Friday before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

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SENIOR CENTER HOURS:

Monday-Friday, 8:00-4:00

PVTA Van Service

available by calling 739-7436.

Newsletter available online at

www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,

Diane Weston, Father Panteleimon Klostri

Chuck Marsman

Meeting: 1st Wednesday of each month at the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month and mailed to:

Wilbraham Senior Center

45B Post Office Park

Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**

May 2 – Big Y

May 9– Stop & Shop

May 16- Big Y

May 23 -Stop & Shop

May 30– CLOSED

WEDNESDAY TRIPS

May 4 - Walmart

May 11- Holyoke Mall

May 18 -Walmart

May 25 - Eastfield

THURSDAYS TRIPS

May 5 - Stop & Shop

May 12- Big Y

May 19- Stop & Shop

May 26- Big Y

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 8 callers.
Around Town Trips on Tuesdays—call to reserve a seat!

